

Naval Base Ventura County



January, February, March 2004

Groups and Class Schedule

- **Couple's Communication** – PM
4 sessions–Thursdays, 4-25 Mar, 1600-1800
- **Divorce Support Group** – PH
Thursdays, starting 8 Jan, 1130-1230
- **“Getting Organized”**– PH
3 sessions- Wednesdays, 3-17 Mar, 1600-1730
- **Baby Smarts**-PH
3 sessions- Wednesdays,
25 Feb, 3 & 10 Mar, 1800-1930
- **24/7-No One Ever Told Me-
Parenting Skills** - PH
4 sessions-Mondays, 5-26 Jan-2 Feb 1800-1930
- **Parenting & Step-Parenting Skills** – PM
4 sessions-Thursdays, 15 Jan - 5 Feb, 1600-1730
- **Stress Management: Guided Visualization**-PH
Every Thursday from 8 Jan, 1730-1900
- **Special Interest Parenting Series**-PH
1600-1700 Wednesdays
Jan 28: Strengthening Family Life
Feb 25: Home Alone....Is your child ready?
Mar 24: Our Kids in a Violent Society
- **Anger Management**
Must attend 1st session!
5 sessions-Thursdays, 15 Jan-12 Feb,
0900-1100– PM
5 sessions-Tuesdays, 24 Feb-23 Mar,
1600-1800 – PH
- **Stress Management** -PM
4 sessions-Tuesdays, 3-24 Feb, 1400-1500

LEGEND:

PH – Port Hueneme Site Bldg 1169 (805) 982-5037
PM – Point Mugu Site Bldg 116 (805) 989-8146

Career Development & Resource Center Classes

- **Command Financial Specialists** – PM
Monday-Friday, 9-13 February, 0730-1600
- **CONSEP** – PM
Monday-Thursday, 1-4 March, 0800-1600
- **Credit, Debt and Credit Reports**
Thursday, 29 January, 1800-2000 – PH
Thursday, 5 February, 1400-1600 –PM
- **Resume Preparation (Fed/Civ)**
Thursday, 15 January, 1300-1500 – PH
Thursday, 22 January, 1300-1500 – PM
Thursday, 12 February, 1300-1500 – PH
Thursday, 19 February, 1300-1500 – PM
Thursday, 18 March, 1300-1500 – PH
Tuesday, 30 March, 1300-1500 – PM
- **Interview Skills & Dress for Success**
Tuesday, 13 January, 1300-1500 - PM
Tuesday, 10 February, 1300-1500 – PH
Tuesday, 17 February, 1300-1500-PM
Wednesday, 17 March, 1300-1500-PM
Monday, 29 March, 1300-1500- PH
- **Homebuying**
Thursday, 15 January, 1800-2000 – PH
Thursday, 19 February, 1800-2000 – PM
Thursday, 18 March, 1800-2000 – PH
- **Personal Financial Management (PFM)**– PH
Wednesday, 7 & 21 January, 0730-1600
Wednesday, 4 & 18 February, 0730-1600
Wednesday, 10 & 24 March, 0730-1600

**Sign up for FFSC Classes and Counseling Services
(Clinical, Financial, Career & Transition)**

Couple Communication



Couples are those people who have a partner in a relationship (Not necessarily married).

An FFSC Clinical Counselor will facilitate this workshop.

This workshop will increase your awareness of self, partner and your relationship.

Learn the skills of listening and effective communication.

4 Session Class at FFSC Point Mugu
Thursdays, 4- 25 Mar, 1600-1800



BABY SMARTS

This is a new 3 week series designed for pregnant or new parents who want to make the most of the first year of parenthood!

Learn how to communicate with new baby, explore intelligence and appropriate discipline. Newborns with Mom, Dad and Child Care Providers Welcome!

Childcare chits available for children.

Attend all 3 Sessions 25 Feb, 3 & 10 Mar,

6-7:30pm Port Hueneme

Please call The FFSC at 982-5037
or 989-8146 to confirm attendance.

Divorce Support Group

Going through a marital breakup is one of the most stressful and difficult times a person can face. Our support group will help you cope with the many changes that divorce brings. We will look at the emotional stages of divorce, help children cope, and address the many challenges and solutions to this life altering experience.



Thursdays, From 8 January, 1130-1230
at FFSC Port Hueneme, Bldg 1169

Parenting & Step-Parenting Skills

Kids don't come with instructions or it would be easy!



This class deals with the major challenges of adjusting to the diverse experiences of a family.

You will be provided tools to enhance solidarity and build bonds based on mutual respect and trust.

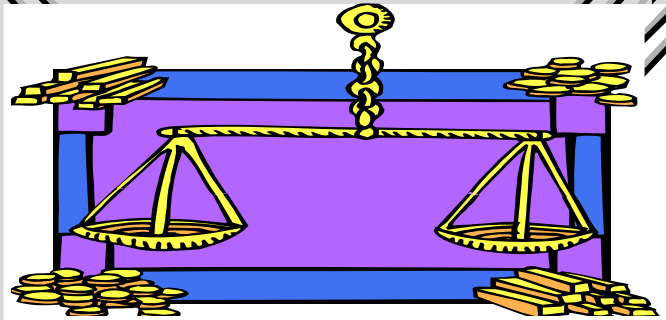
This will help family members adjust!

4 Session Class at FFSC Point Mugu
Thursdays, 15, 22 & 29 January and
5 February, 1600-1800

Getting Organized

Overwhelmed by household chores and family schedules? Don't know what to do first or where to start? Come to our five session class based on the principles of the Fly Lady. You owe it to yourself to begin conquering chaos before the holidays set in. You can do this!

Wednesdays, 3, 10 & 17 March
1600-1730, FFSC Port Hueneme
Child Care chits available!



Credit, Debt and Credit Reports

Take the mystery out of the credit world and ways to get out of debt... You'll learn about good and bad credit. This class will cover credit reports, the information they contain, how to dispute inaccurate notations, how to best monitor and maintain your credit reports and how to understand your credit scores.



29 January, 6-8pm, FFSC Port Hueneme
5 February, 2-4pm, FFSC Point Mugu

Resume Preparation

A resume alone will not get you a job in the private sector, but a good resume will get you that "all important" interview. This course will discuss what employers are looking for in a resume, how to tailor your resume to a particular job, what tools you need to complete your resume...in other words **HOW TO GET YOUR FOOT IN THE DOOR!** Once you have gathered your information, appointments with a Career Educator will be available for polishing your resume.

15 January, 1-3pm, FFSC Port Hueneme
22 January, 1-3pm, FFSC Point Mugu
12 February, 1-3pm, FFSC Port Hueneme
19 February, 1-3pm, FFSC Point Mugu
18 March, 1-3pm, FFSC Port Hueneme
30 March, 1-3pm, FFSC Point Mugu

Learn how to prepare and submit your Resume via RESUMIX, the internet based Federal Resume System. Topics covered include: how to target a specific job series, how to convert military experience into knowledge and skills for your Federal Resume, and what web sites are available to assist. This is a *beginner's* course to get you started; setting a follow-up appointment with a Career Educator is recommended for polishing and submitting the actual resume.

New Parent Support Programs

BABY SHOWER

Wednesday, 14 January, 6-8pm FFSC PM
 Wednesday, 24 March, 6-8pm FFSC PH

BIRTH BASICS - 6 Weeks (No Drop-ins)

Mondays, 23 Feb-29 Mar
 FFSC Port Hueneme 6-8:30pm

SUPER SATURDAY (all day Birth Basics)

Saturday, 17 January, 9am-5pm FFSC PH

BOOT CAMP for NEW DADS

Thursday, 22 January, 6-9pm, FFSC PH
 Thursday, 18 March, 6-9pm, FFSC PM

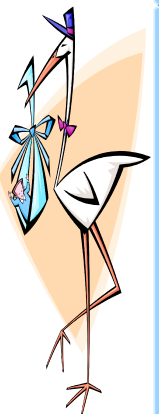
INFANT MASSAGE (2 sessions)

Wednesdays, 4 & 11 Feb, 6-7:30pm, FFSC PH

PLAY GROUPS

Every Tuesday at the PM Chapel from 9-11am
 Every Thursday at the PH Chapel from 11am-noon

For more information,
contact Mary Anne Vernallis at 982-6127
or Kenlyn Christenot at 982-5327





COMMAND FINANCIAL SPECIALISTS (CFS)

E-6 and above

Intensive 5 day course to train Navy personnel as Command Financial Specialists as part of the Navy Personal Financial Management (PFM) Education, Training, and Counseling Program defined under OPNAVINST 1740.5A. As a trained CFS, you will advise and counsel all assigned personnel in the basics of PFM and provide counseling and referral services to those experiencing financial stressors. You will be trained to present PFM classes in educating service members and their families in how to achieve a more satisfactory quality of life through enhanced management of financial resources and consumer education programs. Help your shipmates while enhancing your career!

Class begins 9-13 February
0730-1600 at FFSC Point Mugu.
Command nominations required.



24/7-"No One Ever Told Me" *Parenting Skills*

Wondering about age appropriate discipline, potty training, naps, snacks and how to keep your cool too? This series is for you, both mom and dad or single parent. Get support, share what works, and explore alternatives. Parenting 24/7 is challenging at best.

Class begins Mondays, 5-26 Jan-2 Feb
6:00-7:30PM FFSC Port Hueneme

Special Interest Parenting Series



We are offering three mini-workshops on topics of interest to parents. Sign up for the one(s) you want to attend. Child Care chits will be available! All classes will be held at Port Hueneme FFSC..

Wednesday, 28 January, 1600-1700:
"Strengthening Family Ties"

Wednesday, 25 February, 1600-1700
"Home Alone....Is your Child Ready?"

Wednesday, 24 March, 1600-1700
"Kids & Violence"

Career Options & Navy Skills Evaluation Program (CONSEP)



This is a mid-career workshop designed to RETAIN good sailors by comparing the benefits available in the Navy with what they can expect in the civilian sector. One and ½ days will be spent on financial planning, then 1 ½ days on transition information. This workshop will end with a full day of briefs by Navy Career Counselors explaining the ways to take advantage of all a Navy career has to offer and how to be the Best you can Be!!

Monday-Thursday, 1-4 March, 0800-1600
FFSC Point Mugu
Bldg 116

January 2004

Professional Counseling-Family Services

FFSC CLASS/EVENTS CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | 1 HOLIDAY | 2 |
| 5 Executive TAP PM 8-4pm 24/7-(Parenting Skills) PH 6-7:30pm | 6 Executive TAP PM 8-4pm Playgroup PM Chapel 9-11am | 7 PFM PH 7:30-4pm Executive TAP PM 8-4pm | 8 Executive TAP PM 8-4pm Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Stress Mgmt:: Guided Visualization PH 5:30-7pm | 9 |
| 12 24/7-(Parenting Skills) PH 6-7:30pm | 13 Playgroup PM Chapel 9-11am Interview Skills/Dress PM 1-3pm | 14 Baby Shower 6-8pm PM | 15 Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Resume Prep PH 1-3pm Parenting & Step Parenting Skills PM 4-5:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm Home Buying PH 6-8pm | 16 Saturday, 17 Jan “Super Saturday” all day Birth Basics 9-5pm-PH |
| 19 HOLIDAY | 20 Playgroup PM Chapel 9-11am | 21 Base Indoc PH 7:30-4pm PFM PH 7:30-4pm Special Needs 6-7:30pm PM | 22 Base Indoc PH 7:30-4pm Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Resume Prep PM 1-3pm Parenting & Step Parenting Skills PM 4-5:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm Boot Camp for Dads 6-9pm PH | 23 |
| 26 TAP PH 8-4pm 24/7-(Parenting Skills) PH 6-7:30pm | 27 TAP PH 8-4 pm Playgroup PM Chapel 9-11am Ombudsman Monthly Training PH 6-8pm | 28 TAP PH 8-4 pm Special Interest Parenting PH 4-5pm | 29 TAP PH 8-4 pm Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Parenting & Step Parenting Skills PM 4-5:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm Debt & Credit Reports PH 6-8pm | 30 |
| | | | | Legend: PH – Port Hueneme Site PM – Point Mugu Site |

February 2004

Transition Assistance Program

FFSC CLASS/EVENTS CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | | | 1 |
| 2 Executive TAP PH 8-4pm 24/7- (Parenting Skills) PH 6-7:30PM | 3 Executive TAP PH 8-4pm Play Group PM Chapel 9-11am Stress Management PM 2-3:30pm | 4 PFM PH 7:30-4pm Executive TAP PH 8-4pm Infant Massage 6-7:30pm PH | 5 Executive TAP PH 8-4pm Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Debt & Credit Reports PM 2-4pm Parenting & Step Parenting Skills PM 4-5:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm | 6 |
| 9 CFS PM 7:30-4pm | 10 CFS PM 7:30-4pm Play Group PM Chapel 9-11am Interview Skills/Dress PH 1-3pm Stress Management PM 2-3:30pm | 11 CFS PM 7:30-4pm Base Indoc PM 7:30-4pm Infant Massage 6-7:30pm PH | 12 CFS PM 7:30-4pm Base Indoc PM 7:30-4pm Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Resume Prep PH 1-3pm Stress Mgmt : Guided Visualization PH 5:30-7pm | 13 CFS PM 7:30-4pm Base Indoc PM 7:30-4pm |
| 16 HOLIDAY | 17 Play Group PM Chapel 9-11am Interview Skills/Dress PM 1-3pm Stress Management PM 2-3:30pm | 18 PFM PH 7:30-4pm CACO Training PH 1300 Special Needs 6-7:30pm PM | 19 Play Group PH Chapel 11-12pm Resume Prep PM 1-3pm Divorce Support Group PH 11:30-12:30pm Home Buying PM 6-8pm Stress Mgmt:: Guided Visualization PH 5:30-7pm | 20 |
| 23 TAP PM 8-4pm Birth Basics PH 6-8pm | 24 TAP PM 8-4pm Play Group PM Chapel 9-11am Stress Management PM 2-3:30pm Anger Management PH 4-6pm Ombudsman Monthly Training PH 6-8pm | 25 TAP PM 8-4pm CFS Course- Session. 1, 8-12pm, Session 2, 1-4pm PH Special Interest Parenting PH 4-5pm Baby Smarts 6-7:30pm PH | 26 TAP PM 8-4pm Play Group PH Chapel 11-12pm Divorce Support Group PH 11:30-12:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm Car Buying 6-8pm PH | 27 |
| | | | | Legend: PH – Port Hueneme Site PM – Point Mugu Site |

March 2004

Personal Financial – TSP Management

FFSC CLASS/EVENTS CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|-------------------------------------|
| 1 CONSEP PM 8-4pm Birth Basics PH 6-8:30pm | 2 CONSEP PM 8-4pm Play Group PM Chapel 9-11am Anger Management PH 4-6pm | 3 CONSEP PM 8-4pm Baby Smarts 6-7:30pm PH Getting Organized PH 4-5:30pm | 4 CONSEP PM 8-4pm Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Couple's Communication PM 4-6pm Stress Mgmt : Guided Visualization PH 5:30-7pm | 5 |
| 8 Executive TAP PM 8-4pm Birth Basics PH 6-8:30pm | 9 Executive TAP PM 8-4pm Play Group PM Chapel 9-11am Anger Management PH 4-6pm | 10 Base Indoc PH 7:30-4pm PFM PH 7:30-4pm Executive TAP PM 8-4pm Getting Organized PH 4-5:30pm Baby Smarts 6-7:30pm PH | 11 Base Indoc PM 7:30-4pm Executive TAP PM 8-4pm Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Couple's Communication PM 4-6pm Stress Mgmt : Guided Visualization PH 5:30-7pm | 12 Base Indoc PM 7:30-4pm |
| 15 Birth Basics PH 6-8:30pm | 16 Play Group PM Chapel 9-11am Anger Management PH 4-6pm | 17 Interview Skills/Dress PM 1-3pm Getting Organized PH 4-5:30pm Special Needs 6-7:30pm PM | 18 Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Resume Prep PH 1-3pm Couple's Communication PM 4-6 pm Stress Mgmt: Guided Visualization PH 5:30-7pm Home Buying PH 6-8pm Boot Camp for Dads PM 6-9pm | 19 |
| 22 TAP PH 8-4pm Birth Basics PH 6-8:30pm | 23 TAP PH 8-4pm Play Group PM Chapel 9-11am Anger Management PH 4-6pm | 24 PFM PH 7:30-4pm TAP PH 8-4pm Special Interest Parenting PH 4-5pm Baby Shower 6-8pm PH | 25 TAP PH 8-4pm Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Couple's Communication PM 4-6 pm Stress Mgmt: Guided Visualization PH 5:30-7pm | 26 |
| 29 Interview Skills/Dress PH 1-3pm Birth Basics PH 6-8:30pm | 30 Play Group PM Chapel 9-11am Resume Prep PM 1-3pm Ombudsman Monthly Training PH 6-8pm | 31 TRACC Meeting PM 1-4pm | | |

Legend:
PH – Port Hueneme Site
PM – Point Mugu Site

Food Distribution

(The Military Family Community Volunteers)

24 January 2004

21 February 2004

20 March 2004

FREE

0900 - 1400

Port Hueneme behind Bldg. 19

(near the Pleasant Valley Gate)

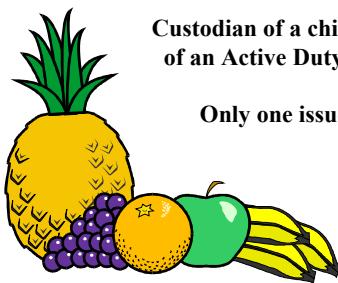
Requirements:

Active Duty E-6 and below or their spouses.

E-7 with two or more dependents may qualify
- income guideline statement available at distribution site.

Custodian of a child who is a family member
of an Active Duty personnel on deployment.

Only one issue per family.



Note: Food items vary from month to month.



The
Fleet & Family Support
Center

For more information, please contact
either site at:

Point Mugu (805) 989-8146

Port Hueneme (805) 982-5037

Special Needs Support Group

Having a child diagnosed with any disability is heart wrenching. Parents find their world has been turned upside down when this occurs. Only another parent with a child with a disability can fully understand. Parents with Special Needs Support Group can give you help with meeting your needs and assist in locating resources. For more information, call 982-6127.

The dates are as follows:

21 January, 6-7:30pm, FFSC Point Mugu

18 February, 6-7:30pm, FFSC Point Mugu

17 March, 6-7:30pm, FFSC Point Mugu

THE FLEET & FAMILY SUPPORT CENTER OF NAVAL BASE VENTURA COUNTY IS ESTABLISHED UNDER THE AUTHORITY OF OPNAVINST 1754.1A. THIS NEWSLETTER IS PUBLISHED AS AN EXTENSION OF THE CENTER'S PROGRAM. HOWEVER, ANY OPINIONS OR STATEMENTS CONTAINED IN THIS PUBLICATION ARE PERSONAL & DO NOT CONSTITUTE OFFICIAL NAVY POLICY.

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Fleet and Family Support Center - Contributing to the Mission